Nervous Prostration.

A Noted Boston Woman Describes its Symptoms and Terrors.-Two Severe Cases Cured by Lydia E. Pinkham's Vegetable Compound.



"I am so nervous! no one ever suffered as I do! There isn't a well inch in my body. I honestly believe my lungs are diseased, my chest pains me so, but I have no cough. I am so weak at my stomach, and have indigestion terribly, and palpitation of the heart; am losing flesh; and this headache posts should be used on account of and backache nearly kills me, and yesterday I had hysterics.

"There is a weight in the lower part of my bowels, bearing down all the time, with pains in my groins and thighs - I can't sleep, walk, or sit, and blue - oh goodness! I am simply the most miserable of women."

This is a most vivid description of a woman suffering with nervous prostration, caused by inflammation or some other diseased condition of the womb.

No woman should allow nerself to reach such a perfection of misery when there is no need of it. Read about Miss inches of glass Williamson's case and how she was cured.

Two Bad Cases of Nervous Prostration Cured.

estimable benefit to me."

MISS ADELE WILLIAMSON, 196 N. Boulevard, Atlanta, Ga.

"Dear Mrs. Pinkham; — I | "I had nervous prostration was suffering such tortures terribly, caused by female provided, especially in a cold children, Dear Sir: The past three or four life was a burden. I could thing; was unable to eat, not sleep at all, and was too | sleep, or work. After a while weak to walk across the floor. I was induced to try Lydia E. My heart was affected so that | Pinkham's Vegetable Com-

MRS. DELLA KEISER,

often I could not lie down at | pound, and I really began to all without almost suffocating. improve on taking the first I took Lydia E. Pinkham's bottle. I continued to take Vegetable Compound and it the medicine, and am now worked like magic. I feel that | better in every way, and feel your medicine has been of in- like a different person. I am simply a well woman."

REWARD. —We have deposited with the National City Bank of Lynn, \$5000, which will be paid to any person who can find that the above testimonial letters are not genuine, or were published before obtaining the writer's special permission.

LYDIA E. PINKHAM MEDICINE CO.

UNDER THE SNOW

Ghastly Truths Revealed on the Disappearance of Winter's White Mantle.

first warm days, these death-bringing mi-crobes are awakened by the rays of the sun, and as the ground dries they are carried to all corners of the community in the dust that is blown everywhere by the Spring winds.

The human body at this time is particu-The human body at this time is particu- Following is an instance that will illus the germs of fevers. The system has been Nervura blood and nerve remedy. depleted by the foregoing Winter. The blood is sluggish and filled with impurities. The nerves have not recovered from the tension nerves have not recovered from the tension.

Sheriff Jonas T. Stevens, who is sheriff of Hyde Park, Vt., says:—"I have used Dr. Greene's Nervura blood and nerve remedy.

liver are all at their worst.

There is less power of resistance to throw off of my former misery from the burning, disease, and it is on this account that fatal- itching sensations. dangers, and that is to fortify the human his office, 35 W. 14th St., New York City.

Deadly dangers lurk in the ground left bare by the departing snow. All Winter long there have been accumulating deadly

To do this take Dr. Greene's Nervura blood isease germs.

These have been protected and kept alive quickly, it will reestablish your waning apby the covering of snow and now, with the petite, it will give you restful nights of sleep,

larly susceptible to these germs, especially trate the wonderful power of Dr. Greene's they have been under for the past months. especially as a blood purifier. I had a very The stomach, the bowels, the kidneys, the severe humor on my arms, accompanied by a very bad itching, so severe that I could not It is therefore, not strange that these germs sleep nights, causing me great inconvenience of disease find fertile ground in which to by the loss of sleep by the itching. A friend thrive, flourish and develop into deadly ills. advised me to take Dr. Greene's Nervura Spring is the time of year when one should blood and nerve remedy, which I did with fear an attack of fever, especially when the system is depleted, one should dread any severe illness. The vitality is at a low ebb.

ities are so much greater during the Spring Remember Dr. Greene's advice will be months than at any other time of the year.

There is but one way to ward off such ly free if they will write or call upon him at



The chewing tobacco with a conscience behind it.

No Premiums! Wetmore's Best sells on its merits. Made only by

. WETMORE TOBACCO CO. St. Louis, Mo. The largest independent factory in America.

NCHESTER **GUN CATALOGUE FREE** Tells all about Winchester Rifles, Shotguns, and Ammunition

Send name and address on a postal now. Don't delay if you are interested. WINCHESTER REPEATING ARMS CO. 180 WINCHESTER AVENUE . . . NEW HAVEN, CONN.

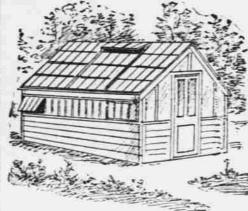


SMALL GREENHOUSE.

May Be Attached to One End of the Farm House or Stand Alone in Some Sheltered Place.

A small greenhouse about eight by ten feet is shown in the accompanytng cut from Vick's Magazine, which thus describes it: It may be attached by one end to the dwelling house and connected by a door, or it may stand separate in some place where it will be as much as possible sheltered from prevailing winds. Wherever the spot may be selected, it should have the best of drainage -not only surface drainage away from it in every direction, but a good underground drain should be supplied, so that by no possibility would water stand in the house.

The house may be most economically built by setting down posts at



the corners and at the doorways, and one on each of the sides midway between the corners. Cedar durability. If there is only one door, eight posts would be required, or

The posts should be set firmly in the top at the height of four feet six inches, and be boarded on each side to the height of three feet with matched boards, and the space between, which may be six or eight inches, should be filled in with sawing there may be 18 inches of glass.

The illustration shows two swinging sashes at the side. But it is not necessary that these should be provided, especially in a cold climate, To the Editor.

Why the Farm Garden Pays. Farmers do not always devote their labor in the best direction. A garden may be expensive if not carefully attended to, as the weeds soon take posmay also be less than the cost of the product, but the season, kind of crops grown and rainfall affect the results. There is one point in favor of a garden, however, which cannot be disrenever buy as good fruits and vegetables as he can grow. No vegetables and used immediately.

Good Horses Are Scarce. A Chicago horse dealer who recently returned from the west, in commenting on his tour, said: "I never saw the time before when good horses were so searce. I could always manage to pick up a few good ones, but on this trip I could not even find one. Everything is scarce, even good mules, and I look for a big boom in high class harness horses, and a great revival in the breeding business the coming spring. A good trotter cannot be had. I offered a man in Nebraska \$3,000 for a mare that would not have fetched

Selection of Fruit Trees. Only experienced persons are capa-The soil, climate and demand of the that may be suitable for one locality | Potatoes and all other roots and vegemay be almost worthless in another, and it is the lack of knowledge in selecting varieties that causes some fail- states. Wild fruits, such as strawberures. Selection is a very important ries, raspberries, cranberries, goosematter, for when a tree is planted and the grower waits several years for his | yield in abundance. As a reader of crop it is then too late to rectify mis-

takes except at a great loss. Two Excellent Strawberries. The old Wilson variety of strawherry was one of the best for shipping and the plant is hardy. Its strongest rival in shipping qualities is the Atlantic, a variety that never became popular on account of throwing out but few runners. The Atlantic, however, usually gave better crops the second year of picking than the first, which cannot be said of but few other kinds. It is firm, solid and can be shipped any distance, but seems to ripen irregu-

McSwatters and McSwitters had sworm off smoking for three months. One day, about four weeks after the bargain had been made, the two met. Each was dying for a good cigar. "Say, John," said McSwitters, "kept your end of the bargain?" "You bet!" sighed McSwitters. "I can't afford to lose ten dollars." "Neither can I. But look here, I must have a smoke. Tell you what I'll do; I'll give you two dollars if you will call the deal off." "Done!" said McSwitters. He took the two and placed them in his vest pocket. "I'll buy," he said. Half an hour later he was on his way home, chuckling softly. McSwitters was the twelfth man who had bought him off on the cigar deal.—Syracuse Herald.

Her Respect. The Judge-Your husband is entitled to

a little respect, madam. The Wife-Well, that's what he gets. Detroit Free Press. Cheap Rates to California.

February 12th and each Tuesday thereafter, until and including April 30th, Special Low Rate Colonist Tickets will be sold via the Southern Pacific's Company's "Ogden" and "Sunset" Routes to all points in California. The rate will be: From Chicago \$30.00, from St. Louis, Memphis and New Orleans \$27.50, from Omaha, Kansas City, etc., \$25.00. Corresponding low rates from all other points east and north.

For particulars and detailed information pertaining to the Southern Pacific Company's Routes, and these special rates to Cal-February 12th and each Tuesday there-

pany's Routes, and these special rates to Cal-ifornia, call upon or address W. G. Neimyer, G. W. A., S. P. Co., 238 W. G. Neimyer, G. W. A., S. P. Co., 238
Clark St., Chicago, Ill.
W. H. Connor, C. A., S. P. Co., Chamber of Commerce Bldg., Cincinnati, Ohio.
G. G. Herring, C. A., S. P. Co., 711 Park
Bldg., Pittsburg, Pa.
L. E. Townsley, C. A., S. P. Co., 421 Olive
St., St. Louis, Mo.
C. C. Cary, C. A., S. P. Co., 208 Sheidley
Bldg., Kansas City, Mo.

New Legal Term. A Georgia colonel had a man arrested for "looking mean" at him. The man was fined five dollars for rubbering with intent to scare.—Minneapolis Times.

To Cure a Cold in One Day Take Laxative Bromo Quinine Tablets. All druggists refund money if it falls to cure. 25c. In some Swiss hotels a fixed charge of \$200 is made in case of the death of a

The stomach has to work hard, grinding the food we crowd into it. Make its work easy by chewing Beeman's Pepsin Gum. Always remember that your employer

is anxious to pay you more money, if you will earn it.—Atchison Globe. the ground and cut off evenly at AN INHERITANCE IN WEST-ERN CANADA.

> Indian Reservations and Other New Districts to Be Opened Up This Year.

In the Great Saskatchewan Valley, and the Fertile Plains of Assinibola.

from nervous prostration that weakness. I suffered every- peak of the roof, it may be better years have demonstrated to a large to have two, one near each end and number of Americans the value of the on opposite sides of the roof. No grain-growing and ranching lands of rafters will be needed in a small western Canada. Tens of thousands house like this. The sash bars will have taken advantage of the offer be fastened at the ridgepole and to made by the Canadian government as the plate. The plate should be bev- well as of the exceedingly low prices eled on the inside to allow the water asked for lands by the railway, colonization and other companies. The This house may be fitted up with experience of those who have been a bench on each side three feet wide settled there for some little time is and a walk in the center two feet of a highly gratifying character. So wide. There should be a wooden much so that the Canadian governextension at the north end of at ment, who has control of the immileast eight feet, giving a workroom gration into western Canada, has deeight feet square, with a door at cided to open up some new districts the end entering it from the out- this year in the well-known Saskatchewan valley, and also in the fertile The heating of a house like this plains of Assiniboia. These districts will depend on the climate. At the, are probably the most productive in south a coal oil stove would serve the entire west and in close touch to the purpose. The most desirable way largely settled communities, as well for a cold climate is first to pro- as being situated on some of the most vide a walled-up pit or cellar beneath | important lines of railway. They are the workroom, where may stand a within easy reach of markets, schools, small heater, with pipes running churches and other social advantages. from it all around the inside of the In some of these districts lands may greenhouse, below the bench, near be homesteaded as well as purchased the walls, to convey hot water. The outright at very low prices. Now as cellar will also afford space for the to what can be done on these lands. storage of a small amount of coal. The evidence of the settlers in the Three lengths of two-inch pipe all neighborhood of the lands now about around the house would probably to be opened for settlement (some of give all the heat that would be re- them being located in one of the best Indian reservations) goes to show that the very best results have followed even most indifferent methods. Cases are given where farmers having gone there with most limited means, barely enough to erect a small house and break up a little land, have in three session. The receipts from a garden or four years' time become prosperous, all debts paid and money in the bank. The soil in the districts mentioned, Assiniboia and Saskatchewan, is a rich black loam, 15 inches to three feet deep. As a settler says: "It appears garded, which is that the farmer can like the accumulation of decayed vegetation and ashes for centuries (the subsoil is a stiff putty clay)." On this shipped to the farm can possibly be as soil it is possible to raise from 40 to fresh as those taken from the garden | 50 bushels of wheat to the acre; oats, 75 to 100 bushels, all of which bring good prices at the local market. For mixed farming these new districts are probably among the best in western Canada. Stock fatten easily on the wild grasses. Hay is plentiful, and prices splendid. Another settler writing to a friend in Iowa says: "The climate is all that could be desired. plenty of rainfall in summer, with no hot, dry winds. On the 28th of September I saw prairie flowers in full bloom, sweet corn, potato and formato vines that had not been touched a particle with frost, and the winters are milder than those in the state \$800 three years ago. He laughed at from which I came. After the holidays the winter sets in clear and cold, with plenty of snow for good sleighing; no high winds or blizzards are known. Horses live out all winter ble of selecting varieties of fruit trees, and pick their own living, while cattle Novices should always seek advice. live all winter in open sheds and around the hay ricks. Wheat, oats and market are to be considered. Varieties | barley are the principal grain crops.

tables do well, the yield being enor-

mous as compared to those in the

berries and all varieties of currants

your valuable paper for a number of

years, I feel that I should inform

you of the progress and advance-

ment being made in Canada within

the past few years and the induce-

ments and advantages that will fol-

low settlement in western Canada.

Those who desire information can do

as I did, and apply to any agent of

the Canadian government, whose

name, I see, appears in advertise-

ments appearing elsewhere in the col-

umns of your paper, and when writ-

ing ask particularly about the Sas-

katchewan Valley or Assiniboia Dis-

triets. Yours truly,

THOUSANDS OF FAIR WOMEN HERALD PRAISES FOR PERUNA.

Catarrhal Dyspepsia and Nervous Prostration Make Invalids of More Women Than All Other Diseases Combined.



where. It is safe to say that no wom-an ever used Peruna for any catarrhal derangement but what it became indispensable in her household.

Letters from Women. Every day we receive letters from women like the following. Women who have tried doctors and failed; women who have tried Peruna and were cured.

Miss Katie Klein, 6125 Bartmer ave-"Peruna has done me more good for catarrh than the best doctors could. I had catarrh so bad, but after taking Peguna it is entirely gone, and I feel like a different person.

Miss Anna Prescott's Letter. Miss Anna Prescott, in a letter from 216 South Seventh street, Minneapolis, Minn., writes:

"I am sincerely grateful for the elief I have found from the use of Petuna is equally efficacious in curperuna cures catarrh of the stollar ach. If they did they would take Petuna. I was completely used up last

Peruna is equally efficacious in curperuna. Peruna cures catarrh wherever lorelief I have found from the use of Peruna. I was completely used up last fall, my appetite had failed and I felt ing catarrh of the throat as in curing weak and tired all the time. My druggist advised me to try Peruna and the relief I experienced after taking one same wherever located. Peruna cures nerves strong, and trouble vanishes. bottle was truly wonderful.

"I continued its use for five weeks, and am glad to say that my complete restoration to health was a happy surprise to myself as well as to my friends."-Anna Prescott.

A constant drain of nervous vitality depleting the whole nervous system causes the mucous membrane surfaces from her by The Peruna Medicine satisfactory results from the use of to suffer accordingly. This is the condition called systemic catarrh. It very nearly resembles, and there is really no practical difference, between this my friends to Peruna. When that lan- valuable advice gratis. condition and the condition known as | guid, tired feeling comes over you, and | Address Dr. Hartman, President of

of systemic catarrh. It acts quickly inside of a week. and beneficially on the diseased mucous membranes, and with healthy mucous membranes the catarrh can no longer exist.

Peruna a True Friend to Women. Rapids, Mich .: The Peruna Medicine Co., Columbus, O.: gestion.

Peruna to any suffering woman, as it what their real trouble is. They know cures quickly. Last year I had a most they belch after meals, have sour persistent cough which nothing seemed stomach, a sensation of weight or to cure. Two bottles of Peruna did heaviness, a fullness, irregular appemore for me than all the doctors tite, drowsiness, gnawing, empty senseemed to do. In a couple of weeks I sations, occasional pain-they all

systemic catarrh or catarrh of the catarrh from the stomach the digesstomach. Catarrh is essentially the

Person. Club, also speaks in glowing terms of moves the cause. Peruna. A letter recently received If you do not derive prompt and

Peruna will be found to effect an im- | small annoyances irritate you, Peruna mediate and lasting cure in all cases will make you feel like another person

"I have now used it for three sea-sons, and find it very valuable and efficacious."-Miss Marie Coats. Diseased nerves are traceable di-

rectly to poor digestion, and poor di-Mrs. F. J. Lynch, writes the following from 324 S. Division street, Grand Rapids. Mich.: Very few of the many women who

Gentlemen-"I earnestly recommend have catarrh of the stomach suspect found myself in excellent health, and know this; but they do not know that have been enjoying it ever since. their trouble is catarrh of the stom-

cated. As soon as Peruna removes tion becomes good, appetite regular, Peruna strengthens weak nerves, not Peruna Makes You Feel Like a New by temporarily stimulating them, but by removing the cause of weak nerves Miss Mary Coats, a popular young —poor digestion. This is the only woman of Appleton, Wis., and prescure that lasts. Remove the cause: ident of the Appleton Young Ladies' Nature will do the rest. Peruna re-

Company, of Columbus, Ohio, reads as Peruna, write at once to Dr. Hartman. giving a full statement of your case "I am glad to call the attention of and he will be pleased to give you his

neurasthenia, or nervous prostration. your food no longer tastes good, and The Hartman Sanitarium, Columbus, O.



Dr.Bull's Cough Cures a Cough or Cold at once. Conquers Croup, Whooping-Cough, Hoarseness, Bronchitis, Grippe and Consumption. Mothers praise it. Doctors prescribe it. Quick, sure results. Get only Dr. Bull's! Price, 25 cents. Dr. Bull's Pills cure Constipation. Fifty pills, 10 cts. Trial box, 5 cts.

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32 pages of reading matter have been added for the April Number making 128 PAGES, not counting

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